Zucchini Fritters (Pancakes)

from Festival of Greek Flavors (cookbook)



In Greek, these are called Kolokithokeftethes and they're more a pancake than a fritter.

2 medium zucchini

2 large eggs

2 tablespoons grated onion

1/4 cup Bisquick® baking mix

1/4 teaspoon baking powder

1/4 cup Feta cheese, crumbled

1 teaspoon salt

1/2 teaspoon fresly ground black pepper

Unsalted butter for frying (or use neutral flavored oil)

Carolyn T's Blog - Tasting Spoons http://tastingspoons.com

Servings: 6

- 1. Preheat oven to 300°F and set a large plate in the oven to warm.
- 2. Grate zucchini into a bowl. Generously salt zucchini, then drain in a colander over a bowl for about 20 minutes. Zucchini may still have some moisture to it, so squeeze any excess by hand or use paper towels to remove as much liquid as possible.
- 3. In a small bowl whisk eggs, mix in zucchini, onion, Bisquuick, baking power and cheese. Add salt and pepper. Mix well. If batter is too thin, add more Bisquick, 1 teaspoon at a time.
- 4. Heat butter or oil in a large saute pan (large enough to hold at least 4-5 of the pancakes) over medium heat. Drop heaping tablespoons of batter into the pan. Cook pancakes about 3 minutes per side, or until golden brown. Transfer to heated plate in the oven. Repeat for remaining pancakes. Serve with tzatziki sauce (cucumber & yogurt).

Yield: 12 pancakes

Per Serving (excluding unknown items): 72 Calories; 4g Fat (45.7% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 529mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.